Delitto Treatment Based Classification

**Outcome: reduced activity limitation (short-term)**

- Brennan 2006
  - 48.1%
  - 12.9% p=.07
  - Sub-acute duration

**Outcome: reduced activity limitation (long-term)**

- Brennan 2006
  - 56.5%
  - 7.2% p=.33
  - Sub-acute duration

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**McKenzie directional preference-based exercises**

**Outcome: reduced activity limitation (short-term)**

- Long 2004
  - 15.0%
  - 22.8% p=.00
  - Chronic duration

**Outcome: reduced pain (short-term)**

- Long 2004
  - 24.5%
  - 33.8% p=.00
  - Chronic duration

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**Legend:**

- # = Duration of low back pain in the study cohort.
- The proportion of additional improvement attributable to treatment matched to the prediction rule.
- The proportion of improvement attributable to other reasons (natural history, non-specific treatment effects and the likely improvement had this group received the comparison treatment).
- The p value is the alpha level for the mean additional effect of the matched treatment (from Table 6).